



# The Upton Chronicle

A PUBLICATION OF UPTON'S ELDER & SOCIAL SERVICES  
9 MILFORD STREET, UPTON, MA 01568

## UPTON SENIOR CENTER STAFF

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## COA HOURS

Monday–Friday  
9:00 am to 4:00 pm  
**Tel:** 508-529-4558

## MEALS ON WHEELS

**Nutrition Coordinator**  
Myra Bigelow  
**Tel:** 978-907-5709  
**Fax:** 508-529-1014



## Happy Holidays from all of us at the Upton Senior Center!

As we enter this joyful season, we want to extend our warmest wishes to each of you.

May your holidays be filled with peace, comfort, and the company of good friends.

This is a time to celebrate treasured memories, embrace the present, and look forward with hope to the year ahead.

Here at the center, we are more than a community, we are a family. We cherish the connections we share and look forward to celebrating the holidays together with you. Your presence brings life, laughter, and warmth to every gathering.

Thank you for being such an important part of our family.

Wishing you a wonderful holiday season and a happy, healthy New Year!

With warmest regards,  
Tania, Katie, Natalie, Bruce, and Ed

## Food Pantry Updates — THANK YOU!

Everyone at the Upton Community Center is overwhelmed with the outpouring of support and donations received over the past few weeks for those facing food insecurity during the pause in SNAP benefits. We are happy to report that our shelves are stocked, and our overstock storage is at capacity!

The Upton Community Center Food Pantry will continue to operate on extended hours through the end of the year, ensuring that distribution of these resources is maximized and accessible to all in need. Those in need are welcome to visit our food pantry once per week on:

**Mondays 9:30-11:30 am**  
**Wednesdays 12-3 pm**  
**Fridays 10 am-1 pm**

## Mobile Food Pantry at Millhaus

**Wednesdays in December**  
**10:00-11:30 am**

The Upton Community Center Food Pantry is on the go! We're bringing food directly to you!

Join us in the Millhaus lobby for a selection of non-perishable items, along with donated bread and bakery goods from Stop & Shop and Shaw's.

**December 3, 10, 17, and 31**

Come meet MSW Intern Sophia Leblanc and learn more about the services our department offers. If you need specific items, call (508) 529-4885 in advance.

## Weekly Shopping Trip Schedule

**Wednesday, December 3 at 9:30 am**  
Walmart

**Monday, December 8 at 10:00 am**  
Kohl's, Milford

**Thursday, December 11 at 12:30 pm**  
Market Basket, Shrewsbury

**Thursday, December 18 at 9:30 am**  
Walmart

**Tuesday, December 23 at 9:30 am**  
Market Basket, Shrewsbury

**Tuesday, December 30 at 12:30 pm**  
Walmart

**\$4 transportation charge per trip**

## Stained Glass Demonstration

**Tuesday, December 2 at 9:30 am**

Ever wonder how stained-glass art is made? Come join us for a demonstration on the steps involved in creating a stained-glass masterpiece.

Eileen Rakitin, former teacher, has been creating and teaching stained-glass art for about 20 years. Let the glorious colors of stained glass help you start your morning.

## "Double the Fun" Birthday Bash

**Friday, December 5 at 12:30 pm**

Due to a schedule packed with holiday events, we're combining our birthday celebrations! Join us as we celebrate ALL November & December birthdays together! Pizza and cake will be served.

Free for Upton residents born in November or December, \$5 for all others. Come enjoy good food, great company, and double the birthday fun! **Sign up by Wednesday, December 3.**

## Tips to Manage Holiday Stress

**Tuesday, December 9 at 10 am**

Come fill your cup with coffee and learn ways to manage your "to do" list. The holidays can bring family conflict, unrealistic expectations, financial burdens and emotional stress. Join Wellness Coach, Janice Nowicki, to learn practical tips to enjoy the holiday season. **Register by Friday, December 5.**

## Memory Café

**Wednesday, December 10 at 2 pm**

The Memory Café offers a safe, welcoming space for people experiencing memory changes—whether or not they have a formal dementia diagnosis—and for their caregivers, family, and friends. It's a place to connect, share stories, and enjoy activities together. **RSVP by December 5.**

## Carols with Miscoe Hill Middle School Chorus

**Thursday, December 11 at 9:15 am**

The students from Miscoe Middle School are bringing their holiday cheer to the Upton Senior Center! Stop by for a special coffee hour featuring winter caroling from the 6th grade Miscoe chorus.

**RSVP by December 8.**



## Mindful Meditation

**Friday, December 12 at 1 pm**

Calm your mind and body so you can acknowledge and accept your thoughts, feelings, and sensations without judgment through Mindful Meditation with Robin Natanel.



## Upton Men's Club Senior Dinner

**Friday, December 12 at 5 pm**

Join us for December's Senior Dinner, proudly sponsored by the Upton Men's Club. Enjoy a delicious Shepherd's Pie and an evening of great company. This complimentary event is exclusively for Upton senior residents. **Sign up by December 5 at the Senior Center!** Sponsored by FUSE, musician, **Matt Glover**, will be performing holiday classics in memory of Laurie Fantini.

**CLOSED FOR THE HOLIDAYS ON:**

**THURSDAY, DECEMBER 25**

**FRIDAY, DECEMBER 26**

**THURSDAY, JANUARY 1**



### Lunch Trip

**Tuesday, December 16 at 12:00 pm**

Support our local junior chefs with a visit to **Three Seasons** at Blackstone Valley Tech High School (BVT). Enjoy a prix fixe meal with your choice of **Pot Roast, Chicken Cordon Bleu, or Baked Seafood Casserole**, along with salad and dessert. Cash only.

**Sign up by Monday, December 9. \$14 + 18% gratuity**

### Holiday Celebrations

**Wednesday, December 17**

#### **Yankee Swap Social at 10:45 am**

Join us for a jolly good time at our annual Yankee Swap Social! You bring the gift; we'll supply the fun! To participate, register with the senior center and bring a NEW, wrapped gift valued at \$10 or above. Light refreshments will be served. **Register by Monday, December 15.**



#### **Holiday Party at 12:30 pm**

Round out the festivities with our much-loved Holiday Lunch! Back by popular demand, we'll enjoy holiday tunes performed by **PE James** while feasting on a delicious porchetta lunch from Upton Country Sooper. This joyful event is generously sponsored by **FUSe (Friends of Upton Seniors)**. Come celebrate the season with great food, music, and friends!

**RSVP by December 11. \$5 per person.**



### Crafts with Betty

**Friday, December 19 at 10 am**

Join us as we make festive holiday ornaments. All materials will be provided — just bring your creativity! **Register by December 12.**

### Holiday Tunes with the Nipmuc High School Music Department

**Monday, December 22 at 11:45 am**

Join us for a morning of melodies with a performance by the students from the Nipmuc High School Music Department. The morning will include performances from the Nipmuc Jazz Ensemble, Vocal Ensemble, and Acapella Group.

Light refreshments will be served. Don't miss this chance to celebrate the next generation of musicians and performers!

**Sign up by Friday, December 19.**

## WEEKLY PROGRAMS

### Monday

10:45 am – Strength & Stretch (\$3)

### Tuesday

10:00 am – Pitch Group

11:15 am – Exercise with Shirley (\$3)

12:30 pm – Hand & Foot Card Games

1:00 pm – Grief Support Group

### Wednesday

9:30 am – Dance Fusion (\$3)

10:45 am – Strength & Stretch (\$3)

12:30 pm – Mahjong

2:45 pm – Line Dancing (\$5)

### Thursday

10:00 am – Knit and Crochet Group

10:30 am – Chair Yoga (\$3)

11:30 am – Practice Mahjong

1:00-3:00 pm – BINGO

### Friday

9:30 am – Exercise with Shirley (\$3)

10:45 am – Strength & Stretch (\$3)

1:00 pm – Scrabble Group

## MONTHLY PROGRAMS

### Birthday Bash (\$5)

Monday, December 5 at 12:30 pm

### Nutrition Talk

Monday, December 15 at 11:30 am

## EXERCISE CLASS UPDATES

### Line Dancing

No class December 24 & 31

### Chair Yoga

No class December 4 & 18

## WINTER UPDATES

### Transportation & Inclement Weather Update

When schools are closed in Upton due to inclement weather, there is NO van service or activities provided by the Senior Center. If school is delayed, van service and activities will be delayed for the same amount of time. For example: If there is a 2-hour school delay, van service and activities will be delayed 2 hours from 9:00 am (the start time of the Senior Center). If in doubt, call the Senior Center at 508-529-4558 which will be staffed unless the Municipal offices are closed.

### Illness Policy

As we enter cold and flu season, we ask everyone to be mindful of the health and safety of others. If you are feeling unwell, please stay home and rest. For those using our transportation services, if you must attend a medical appointment while experiencing symptoms, we kindly ask that you wear a mask for the entire ride to help protect passengers and staff.



### Tax Preparation and Filing – Sign Up for Free

AARP Foundation Tax-Aide, IRS-certified volunteers will help you prepare and file your Federal and State returns right here at the Upton Senior Center. While AARP is focused on taxpayers who are over 50 and have low to moderate income, the service is open to anyone of any age and is free of charge.

Appointments begin on Monday, February 9 and continue each Monday through March. Call the Senior Center at 508-529-4558 for more information and to make an appointment.

### Upton Food Pantry

Our overstock is currently at capacity, but we are accepting donations of:

Ground Coffee	Shampoo/Conditioner
Hand Soap	Women's & Men's Deodorant
	Laundry Detergent

**Gift cards & monetary donations also accepted.**

## SOCIAL SERVICES UPDATE

### Fuel Assistance

**Season runs November 1–April 30**

### Returning Applicants

Recertification paperwork has been mailed out to all returning applicants at this time.

If you did not receive your recertification paperwork, or would like assistance with your recertification, please contact Katie San Clemente, Social Services Coordinator, at 508-529-4558.

### New Applicants

If you are interested in applying for fuel assistance this fall/winter, please contact Katie San Clemente, Social Services Coordinator, at 508-529-4558 for more information.

New applicants may begin submitting their applications beginning November 1st.

### FUSe News

**Next meeting:**

**December 1 at 1 pm in the Classroom**

FUSe membership has grown to over 60 members in just 7 months! If you are not yet a member, please consider joining by filling out our brochure located in the Senior Center at the **FUSe Bulletin Board**. You can drop your membership form along with your \$10 annual dues into our **FUSe Drop Box** at the Reception Desk. Or you can mail your membership form to **FUSe** at the address below.

### Holiday Music

Thanks to generous donations, FUSe is proud to sponsor music at 2 upcoming events: **December Men's Club Senior Dinner** and the Senior Center **Annual Holiday Party**.

The Friends of Upton Seniors (**FUSe**) collaborates with the Elder and Social Services staff to help fund social events, services and programs that enhance the quality of life for Seniors. We are a non-profit and all donations are tax-deductible. We welcome your donations, support and participation!

For more info, contact us at:

[friends of upton seniors@gmail.com](mailto:friends of upton seniors@gmail.com)

FUSe, Inc. PO Box 13, Upton, MA 01568

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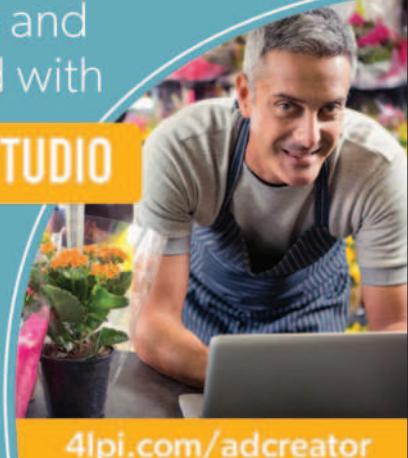
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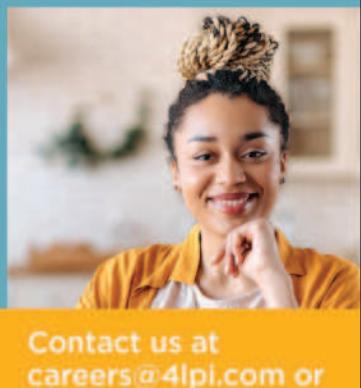
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The Upton Center, Upton, MA

06-5422



# December

Mon	Tue	Wed	Thu	Fri
<b>1</b> 10:45 Strength/Stretch <b>1:00 Friend of Upton Seniors (FUSe)</b>	<b>2</b> <b>9:30 Stained Glass</b> 10:00 Pitch Group 11:15 Exercise with Shirley 12:30 Hand and Foot Card Game 1:00 Grief Support	<b>3</b> 9:30 Dance Fusion <b>9:30 Shopping Trip</b> 10:45 Strength/Stretch <b>11:00 Silver Sisterhood</b> 12:30 Mahjong 2:45 Line Dancing	<b>4</b> 10:00 Knit/Crotchet <b>NO Chair Yoga</b> 11:30 Practice Mahjong 1:00 BINGO!	<b>5</b> 9:30 Exercise with Shirley 10:45 Strength/Stretch <b>12:30 Birthday Bash (Nov &amp; Dec)</b> 1:00 Scrabble Group
<b>8</b> <b>10:00 Kohl's Shopping</b> 10:45 Strength/Stretch <b>1:00 COA Meeting</b>	<b>9</b> 10:00 Pitch Group <b>10:00 Tips to Manage Holiday Stress</b> 11:15 Exercise with Shirley 12:30 Hand and Foot Card Game 1:00 Grief Support	<b>10</b> 9:30 Dance Fusion 10:45 Strength/Stretch 12:30 Mahjong <b>2:00 Memory Café</b> 2:45 Line Dancing	<b>11</b> <b>9:15 Carols with Miscoe Hill Chorus</b> 10:00 Knit/Crotchet 10:30 Chair Yoga 11:30 Practice Mahjong <b>12:30 Shopping Trip</b> 1:00 BINGO!	<b>12</b> 9:30 Exercise with Shirley 10:45 Strength/Stretch <b>1:00 Mindful Meditation</b> 1:00 Scrabble Group <b>5:00 Men's Club Senior Dinner</b>
<b>15</b> 10:45 Strength/Stretch <b>11:30 Nutrition Talk</b>	<b>16</b> 10:00 Pitch Group 11:15 Exercise with Shirley 12:30 Hand and Foot Card Game <b>12:00 Lunch Trip</b> 1:00 Grief Support	<b>17</b> 9:30 Dance Fusion 10:45 Strength/Stretch <b>10:45 Yankee Swap</b> <b>11:00 Silver Sisterhood</b> <b>12:30 Holiday Party</b> 12:30 Mahjong 2:45 Line Dancing	<b>18</b> <b>9:30 Shopping Trip</b> 10:00 Knit/Crotchet Group <b>NO Chair Yoga</b> 11:30 Practice Mahjong 1:00 BINGO!	<b>19</b> 9:30 Exercise with Shirley <b>10:00 Crafts with Betty</b> 10:45 Strength/Stretch 1:00 Scrabble Group
<b>22</b> 10:45 Strength/Stretch <b>11:45 Holiday Tunes with Nipmuc High School</b>	<b>23</b> <b>9:30 Shopping Trip</b> 10:00 Pitch Group 11:15 Exercise with Shirley 12:30 Hand and Foot Card Game 1:00 Grief Support	<b>24</b> 9:30 Dance Fusion 10:45 Strength/Stretch 12:30 Mahjong <b>NO Line Dancing</b>	<b>25</b> <b>CLOSED FOR CHRISTMAS</b>	<b>26</b> <b>CLOSED FOR CHRISTMAS</b>
<b>29</b> 10:45 Strength/Stretch <b>12:30 New England Trivia</b>	<b>30</b> 10:00 Pitch Group 11:15 Exercise with Shirley <b>12:30 Shopping Trip</b> 12:30 Hand and Foot Card Game 1:00 Grief Support	<b>31</b> 9:30 Dance Fusion 10:45 Strength/Stretch 12:30 Mahjong <b>NO Line Dancing</b>	<b>1</b> <b>CLOSED FOR NEW YEAR'S DAY</b>	<b>2</b> 9:30 Exercise with Shirley 10:45 Strength/Stretch 1:00 Scrabble Group

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December 1	Friends of Upton Seniors (FUSe), <b>1:00 pm</b>	
December 2	Stained-Glass Demo, <b>9:30 am</b>	
December 2	Grief Support Group, <b>1:00 pm</b>	
December 3	Shopping Trip, Walmart, <b>9:30 am</b>	
December 3	Silver Sisterhood, <b>11:00 am</b>	
December 5	Birthday Bash (November & December), <b>12:30 pm</b>	
December 8	Shopping Trip, Kohl's, <b>10:00 am</b>	
December 8	COA Meeting, <b>1:00 pm</b>	
December 9	Tips to Manage Holiday Stress, <b>10:00 am</b>	
December 9	Grief Support Group, <b>1:00 pm</b>	
December 10	Memory Café, <b>2:00 pm</b>	
December 11	Carols with Miscoe Hill Chorus, <b>9:15 am</b>	
December 11	Shopping Trip, Market Basket, Shrewsbury, <b>12:30 pm</b>	
December 12	Mindful Meditation, <b>1:00 pm</b>	
December 12	Upton Men's Club Senior Dinner, <b>5:00 pm</b>	
December 15	Nutrition Talk, <b>11:30 am</b>	
December 16	Lunch Trip, BVT <input type="checkbox"/> Pot Roast <input type="checkbox"/> Seafood <input type="checkbox"/> Chicken, <b>12:00 pm</b>	
December 16	Grief Support Group, <b>1:00 pm</b>	
December 17	Yankee Swap, <b>10:45 am</b>	
December 17	Holiday Party, <b>12:30 pm</b>	
December 17	Silver Sisterhood, <b>11:00 am</b>	
December 18	Shopping Trip, Walmart, <b>9:30 am</b>	
December 19	Crafts with Betty, <b>10:00 am</b>	
December 22	Holiday Tunes with Nipmuc High School, <b>11:45 am</b>	
December 23	Shopping Trip, Market Basket, Shrewsbury, <b>9:30 am</b>	
December 23	Grief Support Group, <b>1:00 pm</b>	
December 24	Blood Pressure Checks, <b>12:30 pm</b>	
December 29	New England Trivia with the Upton Town Library, <b>12:30 pm</b>	
December 30	Shopping Trip, Walmart, <b>12:30 pm</b>	
December 30	Grief Support Group, <b>1:00 pm</b>	

**December's Puzzle!** Solve this Holiday Cryptogram and return the completed puzzle for a chance to win a prize!



A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
							I										E								

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**Easy Sign-Ups! Turn your sheet in to our office and we'll make a copy and sign you up, or call 508-529-4558.**

Name: \_\_\_\_\_ Phone #: \_\_\_\_\_